

# BEST FRIENDS

## MAGAZINE

June 1992

\$2.00

**All the good news about animals  
wildlife and the earth**



### **In this issue:**

- A lesson from 2,000,000,000 BC
- How dolphins chat
- Doctors say animal tests don't work
- Ancient Essene tree prayer
- To bee, or not to bee



# Read Best Friends Magazine Every Month



Every month Rok and Rozlyn Raven, our mythic pair of busybody ravens, scan the earth and gather together all the good news they can find about animals wildlife and the earth for Best Friends Magazine.

Subscriptions cost \$20 for a full year, and half of that goes directly to help care for the abused and neglected animals who come to Best Friends Animal Sanctuary.

If you'd like to make a slightly larger commitment, you can send \$45 (or \$5 every month) and be a full member of Best Friends. We'll send you the magazine every month and you'll have the satisfaction of knowing that you belong to a wonderful circle of people who truly care about animals.

**Yes!** Tell Rok and Rozlyn Raven to fly my way every month with all the good news about animals, wildlife and the earth.

- ☐ Here's \$20 for a year's subscription.
- ☐ Here's \$45 (or \$5 a month) for a year's membership which includes the magazine.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Best Friends Animal Sanctuary · P.O. Box G · Kanab, Utah 84741**

## Angelscent SACHETS



Pure and natural  
- a divine blend  
of herbs, oils,  
and crystals

"KNOW HOW INESTIMABLE A PRESERVATIVE TO THE HEALTH GOD HATH PROVIDED GROWING EVERY DAY AT OUR HAND. USE THE EFFECTS WITH REVERENCE, AND GIVE THANKS TO THE MAKER CELESTIAL!"

- HIERONYMUS BRAUNSCHWEIG,  
APOTHECARY (1527)

Angelscent Sachets are nature's way to help you when you'd rather not use artificial products and over-the-counter medicines. They are based on the ancient knowledge of the medicinal effects of herbs and aromas and the mystical effects of gems and crystals.

Each sachet is generously filled with quality herbs, roots, oils and crystal chips. The ingredients are carefully selected and combined for their effects on your body, soul and spirit.

The sachets are pure cotton, four inches square, and they come in a variety of carefully selected compatible colors.

*"How manifold are thy works! In wisdom thou hast made them all; the earth is full of thy riches."*

- Psalm 104

**Please send me:**

\_\_\_ Angelscent Sleep Sachet(s)

\_\_\_ Angelscent Wake-up Sachet(s)

\_\_\_ Angelscent Meditation Sachet(s)

Enclosed is \$7 for each sachet  
(Price includes shipping and handling.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

**Angelscent · Box G · Kanab, Utah 84741**



# Inside this Issue

## BEST FRIENDS MAGAZINE

**Editor:** Michael Mountain

**News Editors:** Claire Ives, Nathania Gartman

**Design & Production:** Steven Hirano,  
Matthias Frupp

**Photography:** Dana Gartenlaub

**Contributing Artist:** George Kehew

**Distribution:** Amber Powell

**Advertising:** Jana de Peyer, Nathania Gartman

### **The Best Friends Foundation**

Best Friends Magazine is published by the Best Friends Foundation, which sponsors Best Friends Animal Sanctuary - one of the largest no-kill animal shelters in the U.S. The sanctuary is located at Angel Canyon Ranch in the majestic red-rock country of Southern Utah.

The Best Friends Foundation also sponsors a national network of animal lovers who participate in animal-rescue work, foster care, spay/neuter work and humane education.

The Best Friends Foundation is supported in part by subscriptions to this magazine, and also from membership donations, direct contributions and the sale of Best Friends products.

### **Membership**

Basic Membership in Best Friends costs \$45 per year, or \$5 a month.

Our Adopt-a-Pet partners send \$15 a month (\$180 a year) to sponsor one of the 1500 dogs, cats and other animals who live at the main sanctuary.

Business Members assist in the work of the Best Friends Foundation through financial or product donations and services.

**Best Friends Foundation**  
P.O. Box G, Kanab, Utah 84741  
(801) 644-2001



**Thinking Globally** gives a quick review of things that animal lovers worldwide have been doing to make a difference. .... **Page 2**



**Acting locally** checks out some of the animal and ecological groups, like the new Institute for Animal Rights Law and the Stanford Cat Network which cares for wild cats at the university there. .... **Page 3**



**Thank Goodness!** for the people who help animals, and the animals who help people. Like the five cats who help a psychologist in her work with children. .... **Page 6**



There's a **Prayer for the Trees** written by the Essene community in Palestine 2,000 years ago, when they were concerned about deforestation and abuse of the land. .... **Page 7**



**Good Medicine** has a major article on how more and more doctors and scientists agree that animal experimentation is a scientific waste of time. Artificial models are better, quicker and far more accurate. .... **Page 8**



**Changing Attitudes** reports a new political action committee for animals. .... **Page 12**



And **Wildlife** checks out some fascinating facts about bees - beelieve it or not! **Page 15**



**Better Business** includes a letter from Oliver Stone ("JFK" and "Platoon") to General Motors. ("Dear General, ...") .... **Page 16**



**Compassionate Cooking** has a vegetarian recipe for a scrumptious English Shepherd's Pie. .... **Page 17**



Eskimos have never seen a lamb, so how do Christian missionaries refer to the "Lamb of God"? (On the Light Side.) .... **Page 18**



Finally, **The Last Word** has a newly-discovered fragment from a two billion-year old newspaper called The Ancient Times, which will surely put modern pollution in perspective! .... **Page 20**



# Thinking Globally ...

**Europe:** The Council of Ministers extended its ban on the commercial use of Bovine Growth Hormone. The hormone is detrimental to cows' health. The decision is a major blow to four big drug companies.

**Spain:** Gallup Poll says more than 90% of all Spaniards support banning bullfight and other cruel "fiesta" events. 94% say animals have feelings like people. 92% say animals should be protected by law from cruelty. Less than 8% actually attended any of these kind of cruel events last year.

**Italy:** St Francis of Assisi Animal Sanctuary is raising funds to build a model animal shelter close to the Basilica of St Francis in Italy.

**Poland:** "Animal" is the new center for nine Polish animal-rights and vegetarian organizations. Animal stopped a rash of bull-fights planned for five cities. Major protests at three other cities where the fights went ahead led to poor sales.

**Japan:** thousands of people now line up to go whale watching on the southern island of Shikoku and at other remote coastal areas. Sympathy for the whales, and opposition to whaling, is growing.

More than 95% of canned tuna now comes from boats that do not fish by setting nets on schools of dolphins.

**Mexico & Venezuela:** A U.S. judge ordered an embargo on tuna imports from these countries because of fishing practices which harm dolphins. Also embargoed: yellowfin tuna from 20 nations that buy dolphin-unsafe tuna from Mexico and Venezuela.

**Colombia:** The Andean condor was almost extinct by 1986. 22 birds bred at California zoos have been released across Colombia. Local people are now proud of their national bird, and concerned to protect them.

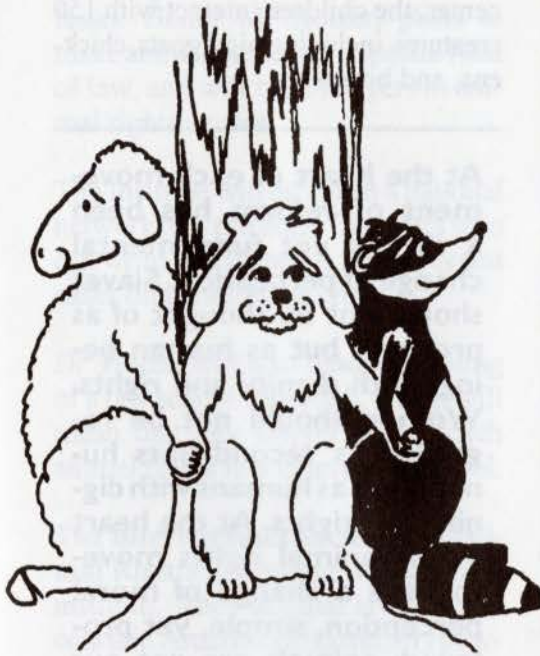
**Caribbean:** 3 bottlenosed dolphins from a British aquarium were released back into the ocean. They were accepted by a pod of other dolphins. This may be the first such release ever.

**Israel:** There's a new spay/neuter clinic being built at Mapet, Israel's only cat boarding facility.

**Zimbabwe:** 40 black rhinos are being sent to the U.S. and Australia as a hedge against rampant poaching.



# ...Acting Locally



## Groups that help animals

*News from some of the groups that are working worldwide to help animals and the earth.*

Forest activists are working to stop the indiscriminate logging of our national forests. **Save the Forests** lobbies legislatures on behalf of the remaining wilderness areas in the United States.

**Citizens to End Animal Suffering and Exploitation** work on behalf of animals in entertainment. In Natick, MA, for example, CEASE stopped the Lookout Farm from employing five elephants from an elephant troupe. And in Revere, MA, the City Council voted unanimously to ban animal acts in the city.

**Beyond Beef** is a new international coalition of environmental, animal

protection, and health groups, with three main goals: to cut individual beef consumption in half by the year 2002; to replace beef with grains, fruits and vegetables; and to look after the remaining cattle in a humane way. The organization recently took out a full page ad in the New York Times.

The **Stanford Cat Network** was founded in 1989 after the University administration decided it was going to euthanize the campus' feral cat population. The Network stepped in and tamed hundreds of cats, and found homes for them. They spayed, neutered, and gave shots to the rest, and now care for around 30 colonies of feral cats on campus. They have 20 volunteers, some feeding 60 or more cats a day using their own money.

*(Animals' Agenda, April, 1992)*

Neither age nor disability are barriers for members of the **Fellowship Community** outside New York City. When planting time comes, members of the community help with the farm, even if they have two plastic hips or are in their 80's or 90's. The farm equipment has been adapted so that the elderly can help with planting the seeds.

**Dog Ears:** Companion Dogs for the Hearing-Impaired trains dogs to alert their owners to sounds like an alarm clock, a door bell or any other common household sound. Border Collies are being used to assist the parents of young deaf or hearing-impaired children by keeping toddlers in the yard, blocking the way if the child tries to leave the yard or finding the child if it is lost.

The **Toxic Release Inventory** lists toxic emissions by high profile com-

panies like DuPont or Monsanto. These companies do not like to be pinpointed by the information that is readily available at libraries.

The **Animal Legal Defense Fund** worked long and hard, and successfully, for a ruling that rats, mice and birds must be included in humane laws governing practices in laboratories. Judge Charles R. Richey ruled that the government acted "capriciously" by not including these animals under the 1966 Federal Animal Welfare Act.

**Win a weekend for two in New York.** PETA (People for the Ethical Treatment of Animals) is running an "America Eat Your Veggies Contest". The winner gets a weekend for two in New York plus tickets to Saturday Night Live and its cast party as guest of comic actor Kevin Nealon.

The idea is that you put up stickers on restaurant windows which read, "We Serve Vegetarian Meals". Then send in the names and addresses of the restaurants. The winner's name will be picked in a drawing. There are other great prizes too. (Write PETA at P.O. Box 42516, Washington, D.C. 20015)

The **Carolina Raptor Center** in Charlotte, NC, treats nearly 500 injured or orphaned birds of prey each year. The center also works with outside individual rehabilitators.

The **Pioneers for Animal Welfare Society** and the Visiting Nurse Association of Long Island, NY, have begun a pet food supply program for poor senior citizens organized the same way as the Meals on Wheels program, so that the food will be delivered to them.



# What One Person Can Do

*It's an old cliché: 'I'd love to help, but what can one person do?...'* Here are some answers!

**Saving elm trees** In Kanab, Utah, near Best Friends Animal Sanctuary, the big old elm trees are dying due to an infestation of Elm Leaf beetle. (They've also been weakened by chemical spraying.) Best Friends plant expert **Joy Waxman** is helping to save them. She puts sticky blue ribbons around the tree-trunks to stop the beetles from reaching the leaves and killing the tree. Other townspeople, seeing how well Joy's trees are doing, have begun to use the same method on their elm trees.

**"The animals need me. I didn't mean to start a national organization. I'm just an ordinary person...but I guess my love for animals was extraordinary."**

*(Anna Briggs, founder of the National Humane Education Society)*

**Saving parrots.** Until about 10 years ago, the parrot native to the Caribbean Island of St. Lucia was dying out. Bird Talk (April 1992) reports on a young Englishman, **Paul Butler**, who decided to do something about it. He went to

the schoolchildren first, and then to the government and businesses. Everyone has helped with parrot reservations and captive breeding programs. As a result, the parrot population has almost doubled.

**More on parrots.** Another Englishman, **Mike Reynolds**, founded the World Parrot Trust and already has raised about \$150,000. One of its first projects was to help Paul Butler on St. Lucia. It is also working to protect Brazil's well-known hyacinth macaw which is on the most endangered species list.

**Helping pets and people.** Kal Kan's Volunteer of the Year Award went to **Holly Rice** of Rhode Island. She rescues pets and provides a home for them with handicapped and mentally retarded people in her community.

**Leslie Dahlquist**, first-grade teacher in Topanga, CA, helped students to recycle aluminum cans and use the money to plant three Koa trees in a Hawaiian rain forest. This year they are selling T-shirts to adopt an endangered animal at the L.A. Zoo.

*(City Planet April 1992)*

**Green Chimneys** is a program in New York that lets children who are emotionally impaired, learning disabled or who are juvenile offenders, nurture and care for animals. At the center, the children interact with 150 creatures, including pigs, goats, chickens, and horses.

**At the heart of each movement of reform has been a simple yet fundamental change of perception. Slaves should not be thought of as property but as human beings with dignity and rights. Women should not be regarded as second-class humans but as humans with dignity and rights. At the heart of the animal rights movement is a change of moral perception, simple, yet profound: animals are not our property or utilities but living beings with dignity and rights.**

*Dr Andrew Linzey, in an article entitled "The Theological Basis of Animal Rights", Christian Century Oct 1991*

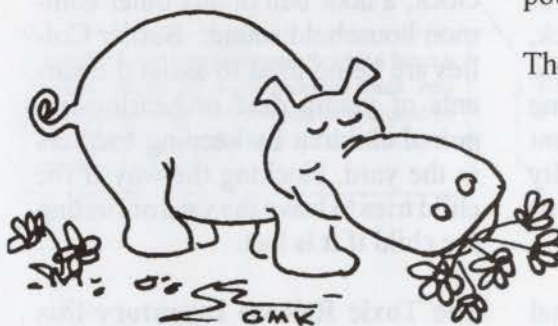
Dr. Bill Stapp of the University of Michigan developed **Global Rivers Environmental Education Network** to teach students to monitor and nurse the world's ailing rivers. Students learn to monitor the water quality of their local rivers and streams and then to contact local authorities when necessary to correct potential health problems.

The **Performing Animal Welfare Society (PAWS)** had a busy year. They took in two adult tigers, Rajee and Anna, and a leopard, Spike, all of whom were rescued from bad situations. Buster, a wolf-dog, also came to PAWS, and two Rhesus monkeys, Butch and Chris, were

**If all beasts were gone, man would die from loneliness of the spirit, for whatever happens to the beast happens to the man.**

**All things are connected. Whatever befalls the earth, befalls the sons of the earth.**

*Chief Seattle*





rescued from feed stores and came to live in large enclosures at PAWS.

The newly-created **Institute for Animal Rights Law**, founded by Professor Henry M. Holzer, plans to make animal rights law a special field of law, and will train lawyers in animal rights causes.

The Institute will establish a national network of "pro bono" lawyers who can write special briefs for important cases on behalf of animals.

Dr. Holzer will also fund the writing of a law school casebook, which will mean that any lawyer could teach animal rights law in any law school.

The **International Society for Animal Rights** is working with the new institute. They say that lawyers and courts in America are extremely powerful, and if that power can be harnessed and used for the benefit of animals, the good results will be incalculable.

The **Northeast Animal Shelter** in Salem, MA, opened in 1976. It's a no-kill shelter which has found homes for more than 35,000 animals.

One of the very oldest and most respected humane societies is the **Women's Humane Society of Philadelphia**. They are the second oldest humane society in the U.S. and were the first to open a shelter for homeless animals.

They recently put a bill through the Pennsylvania legislature that makes animal fighting a felony.

And they keep an eye on 60,000 animals traveling through the Philadelphia Airport each year to see that they are humanely treated.

**Horse Aid**, based in California, rescues abused and abandoned horses and ponies. Owners who can no

longer afford to keep their animals can also turn to Horse Aid. Amber is a horse who was down on her luck and headed for slaughter when she was bought at the auction by a caring horseperson, and then helped by Horse Aid. Amber now has a great new home, and will spend the rest of her days at Rancho Palos Verdes which works with Horse Aid.

If you can take care of a horse from Horse Aid, call their 24 hour line at 310-719-9094. They keep special lists, complete with photos of adoptable horses. After adoption the horse's care is then monitored by a field rep. They also have foster homes.

**"Love all God's creation, the whole of it and every grain of sand. Love every leaf, every ray of God's light! Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. And once you have perceived it, you will begin to comprehend it ceaselessly more and more every day. And you will at last come to love the whole world with an abiding, universal love. Love the animals: God has given them the rudiments of thought and untroubled joy. Do not, therefore, trouble it, do not torture them, do not deprive them of their joy, do not go against God's intent."**

*Fyodor Dostoevsky*

---

## Animals and Kids

---

**Let Corky go home** The Fund for Animals says that thirty first-grade children at Anza Elementary School in Torrance, CA, are joining them in asking Sea World to rehabilitate an orca named Corky and return him to

his home in the sea.

**Skipping Stones** is a new multi-ethnic, non-profit children's magazine to celebrate cultural and environmental richness. Children from all over the world send in artwork, poems, games, stories: anything that they think will be of interest to children in other countries.

---

## New Books for Children

---

**Prince William**, by Gloria Rand, published by Henry Holt, takes place during the oil spill in Alaska. A little girl helps rescue an oil-soaked baby seal who survives because of the efforts of wildlife rehabilitators in her local school gym.

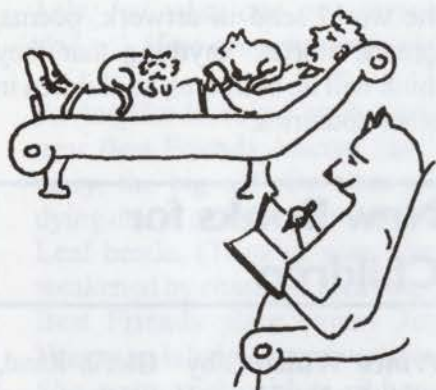
**Rainforest**, by Michael Eden, published by Merrimac, is about some animals who climb to higher ground to save themselves from a man-made flood caused by the tearing up of the forest. In this book for children, it is the animals, not the people, who are saved.

And Rand McNally has produced a **Children's Atlas of the Environment** for 8-12 year olds. The atlas discusses environmental problems by geographic areas, showing differences and similarities in environmental problems with ties to the economy as well.





# Thank Goodness



## Animals Who Help People

**Fur Therapists** Psychologist Amy Schley, who treats children and teens, calls the five cats in her office her "fur therapists." "The cats help break tension, calm children and make the office feel cozier and safer," she says.

### Three tails from Cat Fancy Magazine (May 1992):

♦ Janie Acton of Ohio says: "Since my 95-year-old grandfather came to live with us, our five cats have made a great difference in his life. Grandfather has a heart problem, but recently his blood pressure has gone down. Despite being confined to a wheelchair, he spends hours playing with and talking to two of the cats, Miss Kitty and Cisero."

♦ Keith Jennings was a successful 43-year-old when he suffered a severe stroke. His very long recuperation made him severely depressed, until his physical therapist spotted a tiny stray kitten. Keith took the kitten

home, and they became fast friends. As the kitten regained her health and strength, so did Keith. He recommends that anyone suffering from illness or pain turns to a pet for solace and happiness.

♦ And Apple Valley Convalescent Hospital in Sebastopol, CA, has a resident cat, Smokey, who wanders around making friends with the residents. Says a hospital director: "His presence offers the kind of relief a medication does."

**"Animals, as part of God's creation, have rights which must be respected. It behooves us always to be sensitive to their needs and to the reality of their pain."**

*Anglican Archbishop  
Donald Coggan*

**Trained to perfection.** A German kennel reports raising German Shepherd dogs who go to police departments all over the world. They come from 25 generations of dogs known for their strength, courage, intelligence, but also good temperament and the ability to be trained to perfection. The best trained can climb ladders, sprint 40 miles an hour, sniff out drugs, and take down a 270 pound man. And in Germany when one of these dogs corners a suspect or miscreant, he or she is actually listed as the "arresting officer"!

The American Humane Association held a conference with more than 30 animal and child welfare experts to discuss the connection between child abuse and animal abuse.

Carol Moulton of AHA reports,

"What was surprising was the enthusiasm from the people working on the child protection side. They were very excited about what the link could mean for early detection of problems in the home."

American Humane has a Child Protection Division whose research analyst says there is a clear connection between child and animal abuse.

And now in San Francisco animal cruelty investigators are taught to recognize the signs of child abuse, and police and social workers learn the symptoms of animal cruelty. Child protection officials are writing legislation to link animal abuse with possible child abuse.

## No Hunting

**Japanese** animal lovers are converting their nation from killing whales to loving them. Thousands of Japanese now line up to go whale watching on their southern island of Shikoku, and other remote coastal areas. Sympathy for the whales is growing, and increasingly the Japanese oppose commercial whaling, even though whale meat has been a staple of the Japanese diet for centuries. "People are beginning to realize that whales don't belong to any one nation, they belong to everyone," says Shigeki Komori, director of whale surveys at the Japan World Wildlife Fund.

On the Island of Shikoku in Japan whales have always been regarded as a kind of divine omen by the local people, since they are usually surrounded by schools of fish. "I myself feel it is an atrocious thing to kill



whales," says Tsuneka Matsuda, a fisherman who also hosts whale-watching tours. "We Japanese do not have to eat whales anymore."

**Unfashionable** In most states, hunting is less in fashion than it used to be, particularly among the young. Even in big hunting states like Texas, Pennsylvania, Wisconsin, and Georgia, more and more private land is posted against trespassing every year.

---

## Fur

---

**World fur prices have fallen** about 40% since 1989. U.S. fur sales have dropped 25%. In Idaho licensed trappers are down from the thousands into the hundreds. Canadian fur exports to Europe fell from \$97 million in 1986 to \$50 million by 1990.

**Latest fur stores to close:** Chudik Furs in Birmingham, Mich; Dexter's in Salem, Mass; Joseph the Furrier in Scranton, PA; Volas Exclusive Furriers in Knoxville, Tenn; and Lazare's Furs in Windsor, Ontario; Mirrow Furs of Oxford Circle, PA; Jindo Furs in New York City opposite Bloomingdale's; Fur Vaults in Philadelphia, PA, Scarsdale, NY, Stamford, CT, and on Third Ave. in New York City; Schiffman Furs of New York; and Bon Marche, Alaska Arctic Furs, and Benson Furs, all in Seattle.

**Day of Action:** Action Volunteers for Animals of Toronto coordinated the third national day of action against the Canadian fur industry on February 8. Protests were held in 18 cities across the nation

(Animals' Agenda, April, 1992)



## An Ancient Prayer for the Trees

---

Many people believe that Jesus Christ grew up among the Essene spiritual community of Palestine. Two thousand years ago people cared very much about deforestation. Here's part of a long Essene prayer for the trees - much of it might have been written today.

*In the days of old, when Creation was young,  
the earth was filled with giant trees  
whose branches soared above the clouds  
and sheltered their people who lived in peace.  
The Eternal River flowed through the Forest,  
and in the center stood the Tree of Life.*

*In that time the trees were the brothers of men,  
and their span on the earth was very long.*

*Now the desert sweeps the earth with burning sand,  
the giant trees are dust and ashes,  
the wide river a pool of mud,  
and sorrow fills the empty sky  
where once the lofty branches soared.*

*Now into the desert come the Children of Light;  
the seed they plant in the barren soil  
will become once more a mighty forest  
whose wings of green shall cover the land.*

*And the Children of Light shall sing this song:*

*My brother, the tree:  
Let us share together the breath of life  
which our Earthly Mother has given to us.*

*And as the Heavenly Father loves all his children,  
so we shall love and care for the trees,  
and help them to grow tall and strong,  
and fill the earth with their beauty.*

*For the trees are our brothers,  
and the trees are our sisters.  
And we shall guard and love one another.*



# More doctors agree: **Animal experiments *don't* help medical science**

*Many people assume that there's a real dilemma over whether or not to quit experimenting on animals. But the truth is that the only real benefit of animal tests is to the people who supply the animals and the animal-test equipment.*

### Experiments deemed useless

Most serious researchers now agree that animal experimentation is, apart from anything else, a useless series of blind alleys. Two examples:

◆ National Cancer Institute researchers said last year that using mice for research is too slow. Over the last 35 years they have come up with only 36 new drugs. They've switched to high-tech computers for screening chemicals directly on living human cancer cells in lab dishes.

◆ Dr. Dean Ornish's studies on heart disease, and the huge Cornell University diet study, provided conclusive evidence of the links between high-protein, fatty animal products and heart disease, cancers, strokes and many other diseases. But they said that doing rat tests would have distracted from the truth.

Swiss Doctor Hans Ruesch points out in *Civis* (Winter 1992) that the main opposition to using animals in research comes not from the animal rights movement, but from the evidence gathered by doctors and scientists themselves, who increasingly find that alternatives to animal testing do indeed make better scientific sense.

"The most important phenomenon in this struggle," says Dr. Ariel Brecher of the Israeli Association of Doctors Against Animal Experiments, "is the growing number of medical organizations that are calling for the total abolition of vivisection."

Aries Newsletter (Jan 1992) reports how researchers are shifting away from the use of animals to other techniques

for purely scientific reasons. The new non-animal techniques are more effective.

Aries says that animal use in veterinary education has decreased over the past five years. Videotapes, computer models, and tutorials have replaced much live-animal use. And ethical concerns have caused about one-third of the U.S.'s schools and colleges of veterinary medicine to offer "alternative" programs in surgery.

And Aries quotes a biomedical researcher writing in England: "...it is important that the scientists stop clinging to their old beliefs that, since animal experiments have given us insulin and the polio vaccine, that animal experiments will be able to supply the answers to the diseases of today."

### The polio mistake

But even the polio vaccine, long thought to have benefited from animal research, was actually hindered by it. The monkey model of polio is now known to be totally wrong, and it completely misled the entire field of polio research for about 20 or 30 years.

Animal experiments showed that the polio virus would only grow in the nervous system. Since nervous tissue can cause terrible allergic brain reactions, to grow a vaccine in nervous tissue would be too dangerous. A polio vaccine became available only after a non-animal researcher developed a tissue culture method of growing the polio virus. From tests on human patients he found, in fact, that the virus was growing in the intestinal tract as well, and tissue cultures could be grown from intestinal cells. It was this discovery that enabled bioresearchers to go ahead and develop a safe vaccine.

### The CHAI conference

That fact was brought out at a 1990 international confer-

---

**"The vivisectors like to present animal experimentation as a short cut to biological science without, however, having noticed that such a short cut leads them in the wrong direction."**

---

*Pietro Croce, M.D.  
Well-known scientist and  
European anti-vivisectionist*

---



ence sponsored by CHAI (Concern for Healing Animals in Israel). The conference, "Future Medical Research Without Animals - Facing the Challenge," has now published some other highlights from lectures.

Dr. Brandon Reines, a medical historian, reported on how animal experiments first led scientists to believe that smoking was safe for people: "Massive human evidence that cigarette smoking causes cancer was quite solid by 1950, but because of misleading animal experiments that led people to believe smoking was safe, public health action against cigarette smoking was stalled for about 20 years."

Psychiatrist Dr. Murray Cohen lectured about animals in psychiatric experiments. "Animal models of psychiatric disease are scientifically invalid," he said. True animal models of human psychiatric disease do not exist. Animals just do not suffer the kinds of neuroses, psychoses, and dependencies that humans do."

And he continued: "The absence of specificity of 'mental illness,' the innate uncertainty of its nature, together with the idea that the 'mind' is merely an abstraction, explains the total inappropriateness of animal experimentation as a method for arriving at knowledge or truth in psychiatry or psychology."

Among other reports, two stand out:

◆ Misleading animal experiments slowed down bypass surgery by about 10 years by giving false information about the human arterial system.

◆ And animal researchers reported in 1950 that kidney transplants would doom patients to death, because of the violent rejection response shown in rabbit and dog experiments. But this dangerous animal response does not occur in humans. It was non-animal researchers who showed that when patients are in kidney failure, the toxins that build up in the body suppress the immune response.

## Alternatives to animals

Medical science now has a whole array of tests that really work, and none of them involves animals.

There's a **microbrain**, made of human brain cells, on

which to study tumors. There's artificial skin and bone marrow. Irritancy can be tested on egg membranes; vaccines can be produced from human tissues, and pregnancy tests can be performed using blood samples.

Five thousand different substances can be tested on **Eytex**, which is made from Jack beans, and **Skintex**, made from pumpkin skins. And these tests cost one quarter as much as the Draize tests on rabbits, and are much more precise.

**Testskin** can measure very precise levels of skin irritation, rates of product absorption, and sun damage. **CompatiGel** tests the toxicity of cosmetics and detergents, etc. on cell

cultures instead of again using the notorious Draize test on rabbits. The **Ames** test uses bacteria to test potentially dangerous chemicals. It's cheap, takes days rather than years to run, and is very reliable.

And doctors use **yeast cells** rather than animals to test toxicity in a way that is safer, more effective, and hundreds of times faster.

There are sophisticated machines which can detect precisely what will be human metabolic responses to a drug. There's one that can even figure out the correct antidote to poisons.

And computers can now be programmed to mimic the processes of the human body. This lets students learn surgery techniques without using animals.

## The end result

In recent years, according to Animals Agenda (April 1992), there has been a 92% decline in the use of dogs in federally funded biomedical research programs.

And Fur 'N Feathers (Feb 1992) quotes three polls, separately conducted by the Boston Globe, the San Francisco Chronicle, and Glamour Magazine as indicating that from 68% to 72% of Americans are opposed to research using animals.

They add that the animal research community is so convinced that the American public is turning against it, that it has hired two PR firms to try and put a good light on what it is doing.

That's a sure sign that research on animals is coming to its end!

---

**"I cannot help but wonder how we humans would react if an intellectually superior race of beings with advanced telepathic communication capabilities we could not comprehend were to land on Earth. Would they be morally justified on the basis of these additional capabilities to utilize humans in the ways we presently utilize other animals for the benefit of their 'superior' race?"**

---

*Dr. David Wievers.  
Professor of neurology and clinical  
epidemiology at one of the leading  
medical centers in the world  
in Rochester, Minnesota.*

---



# News From Best Friends

## Angel Canyon opens to the public Tours of ancient and beautiful sites



Angel Canyon Ranch, home of Best Friends Animal Sanctuary, is now open to the public for special tours and visits. The announcement was made by Faith Maloney, director of the Animal Sanctuary.

"Since we began our work here five years ago," she said, "we have maintained quite a low profile. The care and security of the animals was



our first priority. And when you're caring for over 1500 animals, you want everything done just right."

But the animal sanctuary, located on Angel Canyon Ranch in the spectacular red-rock country of Southern Utah, is one of the most beautiful places in an area well-known for such legendary attractions as the Grand Canyon, Zion and Bryce National Parks, and Lake Powell - all of which are just a short drive from Best Friends.

### The most beautiful place

Angel Canyon Ranch is part of Kanab Canyon, a tributary of the Grand Canyon itself. It is a red rock canyon framed by a wide semicircle of distant white cliffs which are part of the Zion formation.

"Now that the animal sanctuary is fully established, we're opening the ranch to the public," said Faith. "There are some of the most beautiful and atmo-

spheric places here, and we will be taking visitors on special tours. It's a shame not to have it open. I've traveled in three continents and it's the most beautiful place I've ever been to!"

### Highlights of the canyon

Julia Mersman, Director of Tours, enjoys listing off some of the features in the canyon:

"The canyon itself is basically carved out of the famous red Navajo Sandstone, but there's a fascinating layer of deeper red siltstone in the middle which comes from when there was an inland tropical sea here. That's when the dinosaurs were here, and you can still come across their footprints.

"Kanab Creek meanders down the canyon. There are springs everywhere, where you can pick and eat the wild watercress. And there are two waterfalls, plus a small underground lake in a cave.

"Back to one side there's Red Canyon, a high and very narrow canyon - you have to almost squeeze through in places - where great torrents of water come down in major flash floods. Don't get caught there during a flood!

"Most interesting to me," says Julia, "are the Indian sites. There are burial places, and living places. Lying on the ground are pieces of pottery and work tools. The Anasazi Indians were here till the 14th century, and they left suddenly, and somewhat mysteriously, most likely because of

a drought. But you can walk around here and it's like they were here just yesterday. Many things are exactly as they left them.

"A few hundred years later the Navajo people settled here for a while, and then the Mormon settlers came through in the last century and used the canyon as a cattle ranch. In the 1950's Hollywood arrived, and rented the canyon for its spectacular scenery and backdrops. Many of the Lone Ranger scenes were shot here, and other movies include 'The Outlaw Josie Wales', 'Pancho Villa' and 'One Little Indian'. (We use that set as a nice horse barn! Photo: bottom right.)"

### Lots of different tours available

Whether you're visiting in the area for a few hours or a few days, we can arrange a suitable tour.

◆ There's a quick drive-yourself tour





up and down the road which winds through the canyon. You'll see some of the most beautiful vistas, and you'll meet the horses and burros who are residents of Best Friends.

On this short tour you'll end up at Angel's Landing, a huge natural rock formation like the Hollywood Bowl, where you can rest on the lawn and have a nice drink made from the spring water that bubbles up at a fountain right there. (P.S. There's another "Angel's Landing" in Zion Park. Don't confuse the two!)

◆ There's the Ancient Anasazi Cave jeep tour which goes to several sacred cave sites, including an underground lake.

◆ There are hiking tours for the hardier, including a study of the local geology, flora and fauna.

◆ And there are special visits to Red Canyon and the waterfalls when available.

◆ We also have guided tours of the Animal Sanctuary itself, where you'll meet many of the hundreds of dogs and cats and other animals who live here.

### Sunday Celebrations of Life

At least once a month on summer Sunday Evenings we hold a Celebration of Life here in Angel Canyon. It's a unique non-denominational gathering in celebration of people,

animals and the earth. There's music and singing and meditation. Call us for details.

### Accommodations in Kanab

We can help you arrange hotel or hostel accommodation in the nearby town of Kanab. Accommodation is occasionally available in one of the guest cottages at Angel Canyon. Check with us for details and prices.

### Arranging a tour

It's quick and simple. Call our main office at (801) 644-2001.

If you're already in Kanab you can drop by the Best Friends Store in town at 93 W. Center Street, and

arrange it right there.

Or if you're just passing by on Highway 89, about four miles north of Kanab, you'll see the sign pointing in to Kanab Canyon. (It's near the 69 mile-marker.) Drive in about a mile, and check in at the office for a full map and booklet, or to join one of the guided tours.

**Best Friends Animal Sanctuary**  
P.O. Box G, Kanab, Utah 84741  
(801) 644-2001





# Changing Attitudes



## Animals on TV

In the CBS TV cop show **Tequila and Bonneti**, Tequila is a rather large, ugly and impressive dog. The show is a very good ad for dogs, as it regularly shows Tequila performing impressive feats of heroism. The show recently showed him going into a burning building before the fire-fighters could arrive to rescue a baby.

**Earth on Air** explores the interconnectedness of environmental and social justice themes. The public station program airs grassroots exploration of these issues with radio shows produced by individuals and groups from around the country. Look for it on your local PBS station.

## Animals in Politics

**PawPac**, a political action committee for animals, based in California, says it will publicize the voting records of politicians on animal issues during election campaigns.

The California **Green Party** is now certified as a statewide political party. If they can get 100,000 names at

shopping malls, concerts etc, the party will be able to run primaries and appear on the ballot with their own party banner.

*Congressman Tom Lantos is an animal lover. From one of his speeches in the Congressional Record:*

"The issue of animal experimentation has a profound moral dimension to it. In this area, more than in any other, we speak and act for those who have no means of defending themselves.... We are entering a new age of social and ethical considerations, for we now seek knowledge and benefit uncontaminated by brutality."

## Animals in Religion

*A letter from Mother Teresa to an animal lover who had written to her.*

"Thank you for the love you have shared and the concern you have shown to those who have nothing and nobody through your gift for them.

I am praying for you that God's blessing may be with you in all that you are doing to create concern for the animals which are often subjected to much cruelty. They, too, are created by the same loving Hand of God which created us. As we humans are gifted with intelligence which the animals lack, it is our duty to protect them and to promote their well being. We also owe it to them as they serve us with such wonderful docility and loyalty. A person who shows cruelty to these creatures cannot be kind to other humans also.

Let us do all we can to become instruments of peace - the true peace that comes from loving and caring and respecting each person as a child of God - my brother - my sister."

*Mother Teresa, Calcutta, India*

## The Golden Rule in many religions

*If you didn't know better, you might think someone went around every culture on this planet and wrote it into their sacred texts!*

*From every corner of the world, the wording is practically identical.*

*The Golden Rule says that as we give, so shall we receive. What goes around comes around.*

*Here are just a few versions from well-known religious writings.*

**Do unto others as you would have them do unto you...**

**...As a man sows, so shall he reap.**

*The New Testament - Christian text*

**Hurt not others with that which pains yourself.**

*Udanavarga - Buddhist text*

**That which is hateful unto you, do not do unto others.**

*Rabbi Hillel - Jewish text*

**Do not unto others what you would not they should do unto you.**

*Analects - Confucian text*

**This is the sum of duty: do nothing unto others which, if done to you, would cause you pain.**

*Mahabharata - Hindu text*

**A man should wander about treating all creatures as he himself would be treated.**

*Sutrakritanga - Jain text*

**Treat others as you would be treated. What you like not for yourself, dispense not to others.**

*Abdullah Ansari - Islamic Sufi text*



## Spaying & Neutering

### The Big Fix

**Doris Day's Fix** Actress Doris Day's foundation donated \$10,000 for low-cost spaying and neutering in the Monterey, CA, area. Doris Day's generosity inspired other animal lovers to make matching donations of \$10,000 to the SPCA's spay/neuter programs!

**The Kitty Fix** Animals' Agenda Magazine has organized for 150 feral cats to be spayed, neutered and vaccinated in their Connecticut neighborhood. Numerous kittens and strays were placed in homes. Feral or wild cats were returned to their habitat under supervision. They are being helped by Friends of Animals, Spay U.S.A., and the Connecticut Humane Society.

**The Butch Fix** A new American Humane Association spay/neuter ad shows Butch, an English Bulldog with a scowling face that is definitely not sissy! Men are particularly sensitive to neutering their dogs, and AHA thinks this ad will definitely help! P.S. Don't tell anyone, but "Butch" in real life is really Katey, a girl, and is the sweetest-natured thing ever!

**The Show Fix** The American Kennel Club has stated that spayed and neutered dogs may now compete in dog shows.

**The Homeless Fix** Univ. of Georgia Veterinary College has a joint program with the Athens Humane Society whereby homeless pets receive free spaying and neutering, grooming, physical exams, blood tests and follow-up care. The animals have a much better chance for adoption.

**The Vancouver Fix** One of the pioneers in the low-cost spay/neuter field

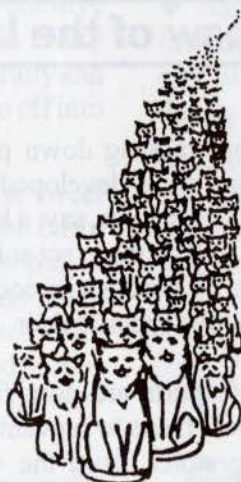
is the Vancouver SPCA which opened a clinic in 1976 with four staff veterinarians plus their technicians. Before that year the shelter had been putting about 36,000 down. In the year 1991, the shelter euthanized just over 4,000 animals.

*(ISAR Report. Spring, 1992)*

**The L.A. Fix** Los Angeles also has a good record for spay/neuter. Twenty years ago, only 11% of dogs licensed were fixed. Today the percentage is 58.6%. The city has a well-operated network of three municipal clinics. Ordinances regulate the care of pets. There is a good humane education program, large, well-coordinated volunteer programs, and lots of funding from the concerned citizens!

At first, veterinarians in L.A. opposed tax-supported low-cost clinics, thinking it was going to cut into their business. But the city-run clinics made the public aware of the necessity for fixing pets, and then many more people wanted to sterilize their pets, but preferred to go to their regular vet. The spay/neuter business of private veterinary clinics has actually increased!

*(ISAR Report. Spring, 1992)*



## How to help animals just by traveling on business or vacation.



Wherever you're going, by plane or train, on a tour or cruise, then by arrangement with Uniglobe Tilral Travel, Best Friends will receive 3% of your fare as a donation for the animal sanctuary.

### Here's how it works:

Make your travel reservations directly with the airline, tour or cruise company. And tell them you'll be paying through Uniglobe Tilral Travel in North Hollywood. Ask for a confirmation or record locator number.

Then call Uniglobe's toll-free number: 1-800-421-1747. They'll get the details from you. You'll pay Uniglobe, and the tickets and other documents will be mailed or expressed directly to you.

When your tickets or travel documents arrive, send the invoice or itinerary (or a copy) to Best Friends, and Uniglobe will donate 3% of the sales price to the animals. The 3% donation is tax-deductible for you.

It's good for you, and good for Best Friends. Have a good trip!



# Wildlife and the Earth



## Animals and Ecology

**Earth Day** was marked by events in practically every city and town across the nation. 60,000 people were in Balboa Park in San Diego for the festivities. In New York City, 42nd Street was closed off, and buses ferried folks around free.

**ReTree:** "One of the most patriotic things you can do for the Earth is to plant a tree," says 78 year old Frank Lockyear, retired from a nursery and landscaping business. He's the founder of ReTree International, which plants trees around the world.

**Love your volcano!** Volcanoes are an essential part of the whole global eco-system. They recycle the land that is being washed into the seas and release back onto the earth key elements needed to sustain life.

**Nzamujo Ugwubelam**, a Nigerian Dominican priest, founded Songhai, an ecological farm in West Africa to teach Africans sustainable agriculture. Chemical pesticides are never used. Nothing is discarded and pig manure is a source of both fertilizer and energy.

## Wildlife Report

"Beares they be common, being a great blacke kind of Beare." So wrote William Wood about the Boston area in 1634. By 1900 hunting and clearing of the eastern forests had decimated the bear population, but protected areas have now been established, and hunting has been regulated. The bear is back! The National Geographic Society (Feb 1992) estimates that 200,000 black bears now range the lower 48 states, 40,000 in the East alone.

The **wild turkey** is back too, with over four million nationwide. As you may know, Ben Franklin favored this wily bird to be our national bird, but the eagle won out.

The **alligator** was almost extinct by 1967 and was placed on the endangered species list. Ten years later their population was up to nearly two million. Today they are considered completely recovered, but are monitored by wildlife officials to ensure their survival.

## Long paw of the law

Working on tracking down poachers, scientists have developed techniques which can trace, say, a leather purse right back to the exact animal it came from. A bloodstain could be traced back to a specific deer.

Australian experts are now fingerprinting koala bears to prevent them from being stolen from the wild. Koala pawprints are as individual as human fingerprints.

## News of Dolphins

**Hi there!** In the warm waters off the Bahamas, the research schooner, Jennifer Marie, has been returning to the same site year after year to study dolphins. Marine biologists swim in the water with all their scuba gear. One mother dolphin recently approached them with her calf. Gently, she nudged the brand-new calf toward them, swam a few feet away, and waited. The humans say this was her way of introducing her child.

**My name is . . .** Scientists are learning a lot about dolphin communication. According to one biologist, each dolphin has its own "signature whistle". In a herd, which can be up to a thousand strong, each dolphin can identify itself with this whistle.

**Are you there?** A dolphin can also imitate the whistle of another, as if to say, "Hey, Sam, it's me, Bob, over here." The length or pitch of the whistle adds still more information, such as, "Bob, it's Sam over here, and I'm in trouble." As far as biologists know, only humans and dolphins can modify what they say in response to what they hear.

*(from Reader's Digest, Mar., 1992)*





# Wildlife at Best Friends

## This month: Bees

*Best Friends Animal Sanctuary cares for hundreds of stray and abandoned pets, but is also home to all the wonderful wildlife that lives in Angel Canyon ranch here. Each month we feature a different species of the local wildlife.*



Photo © 1992, Dana Gartenlaub

Best Friends architect Paul Eckhoff keeps bees in his spare time. He has 8 hives, is very fond of his bees, and doesn't engage in the sometimes questionable treatment that some commercial beekeepers go in for.

Honey bees are not native to this continent, but come from Europe where they were domesticated over the centuries. Paul's bees are mostly big yellow Italian bees, and some small brown bees as well.

To increase the number of hives, Paul divides one hive into two, and gives the second one a new queen. Every once in a while, a new queen will be born naturally and the hive will split by itself and a swarm will go off into the wild to find a new home.

Bees here collect nectar for honey from the sweet clover, the rocky mountain bee plant, the rabbit bush, and other flowering plants. They also gather pollen for the baby bees, and propolis which they use to fill cracks, build barriers, and shore up the entrance to the hive. (Famous violin-maker Stradivarius used propolis as an ingredient in his top-secret recipe for varnish!)

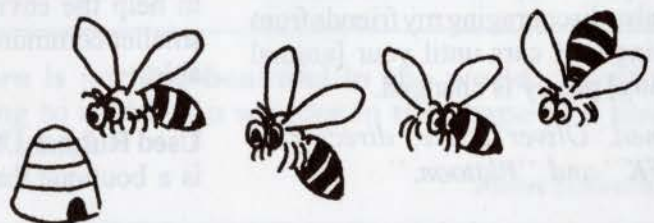
Paul gathers the honey in late summer, being careful to leave each hive with enough honey for the winter.

Honey-preparation is quite a production, involving lots of straining in big drums, and everything in our storage building gets very sticky for a while! But all the staff at Best Friends are very grateful for the light-brown honey which the bees share with us each year.

### Some facts about bees:

- ◆ In Greek mythology, Zeus, the father of the gods, was the protector of bees. Zeus is often pictured surrounded by bees, and honey was thought to be the food and drink of the gods.
- ◆ In the Norse, Anglo-Saxon, Germanic, Slavic, Egyptian, Persian and Hindu mythologies, important deities were the protectors of bees. The altar of Mithras, the Persian sun-god, creator of light and wisdom, was supposedly decorated with 300 golden bees.
- ◆ In Christianity, Saint Ambrose (from ambrosia) was honored as the patron saint of bee keepers. According to legend, when Ambrose was a baby in his native France, a swarm of bees alighted on his cradle and placed some honey on his lips. He is said to have thought bees to be the model of a pious and harmonious community, representing all that is godly, saintly, and holy.
- ◆ In the U.S., the Utah state symbol is the beehive. The early Mormon settlers were impressed by the industry, economy, prosperity, and colonizing spirit of the bee. Brigham Young, first governor of the territory, placed a beehive on the top of his executive mansion which he called the Beehive House.
- ◆ Napoleon was very fond of bees too. The imperial insignia, French battle flags, and the coat of arms of the city of Paris all had to incorporate the golden bees during his reign.

**So bee nice to bees!** They are a very important part of the world's eco-system. And without their hard work of pollination, the food supply of the entire world would be in danger.





# Better Business



**Stopped testing cosmetics.** Bonne Bell Cosmetics and Liz Claiborne have announced permanent bans on the use of animals in testing. Pathmark drugstores and supermarkets have announced that none of their store-brand household or beauty products is tested on animals.

**PETA** reports that bad publicity has forced L'Oreal Cosmetics to stop all animal testing in the U.S. Animal lovers are keeping up the pressure until L'Oreal stops testing at their headquarters in France. PETA adds that over 350 cosmetic companies do no testing on animals at all.

*Letter from Oliver Stone to General Motors (reported in PETA News, Spring 1992):*

"I was planning to purchase a GM-built car, but upon hearing about your cruel practices, I have reconsidered. I am also discouraging my friends from buying GM cars until your [animal testing] policy is changed."

*Signed, Oliver Stone, director of "JFK" and "Platoon."*

Also from PETA News:

◆ A customer was very impressed with the 1992 Eldorado Seville prototype he saw at an auto show until he learned that GM is the only automaker in the world that still tests on animals. He personally wrote to Robert Stempel, Chairman of GM, to tell him he had bought a new Lexus instead and even enclosed the receipt!

◆ Financial consultant **Brad Pappas** is an expert on companies that are not only good investments but also pro-animal. He can provide you with a portfolio which includes no animal experimentation, biotechnology, factory farming, fur, leather, or animal food. Companies with negative environmental records are also weeded out. He will be glad to work with your current broker to reform your holdings if you wish. Call 1-800-688-8163.

◆ P.S. If you find out that you hold a stock in a company that still tests on animals, call PETA's Caring Consumer Campaign about their Corporate Responsibility Project. They are looking for people willing to bring shareholder resolutions against such companies.

**Esprit**, a clothing firm headquartered in San Francisco, has a new line of clothes called **Ecocollection**: natural undyed, unbleached. The cloth is made of organically grown cotton, buttons made of nuts or handpainted wood. Every aspect of the designs is to help the environment or to help smaller communities be self-sustainable.

**Used Rubber USA** in San Francisco is a boutique that specializes in ac-

cessories made from used tire inner tubes.

**Health insurance for pets** is gaining popularity. Veterinary Pet Insurance of Anaheim, CA, sold more than 90,000 policies last year. Joining the field this year are The Fireman's Fund Insurance Co., and Medipet, promoted through Sears. Also offering pet insurance for some years is the Animal Health Insurance Agency of Danbury, CT.

A **Mazda** auto official wrote to *Fur N' Feathers* newspaper to say: "I am pleased to tell you that Mazda does not now, nor has it ever, used animals in vehicles safety tests." This was in response to all the awful publicity that GM is receiving for continuing animal tests.

*(Fur 'N Feathers Feb. 1992)*

**Levi Strauss** jeans have discontinued ads showing film director Spike Lee running with the bulls in Pamplona, Spain, in a cruel hazing tradition. Consumers complained!

**Fur Free Zone** Will Anderson has declared the Ecology House store he runs in Portland, OR a "fur free zone." Prominently displayed on the front door is an anti-fur poster and in the front window is a decal stating, "We reserve the right to refuse service to people wearing fur."

**Canadian Airlines** recycles 80-100 tons of waste each month from their planes and airport terminals. When they started in 1990 the value of the aluminum cans that were tossed would have flown one of their planes around the world 1 1/2 times. Now that money goes to charity.



# Veggie Health

**Simply Heavenly.** Abbot George Burke of an Eastern Orthodox monastery in Geneva Nebraska has recently published "Simply Heavenly! The Monastery Vegetarian Cookbook."

**Take two dogs and call me in the morning!** Prevention Magazine asked 5,000 readers which activities are most relaxing and stress-reducing. 87% said the best thing is having a pet.

Prevention also says that people who live alone have more heart disease than those who live with another person or a pet. Heart-attack victims who have pets live longer. Just gazing at tropical fish lowers blood pressure.

Thousands of animal lovers like you are buying Best Friends Magazine this month. In three issues our circulation has tripled.

Do you have a message for these special people? Space is now available in the form of display, classified and marketplace ads.

Call us at  
801-644-2001.

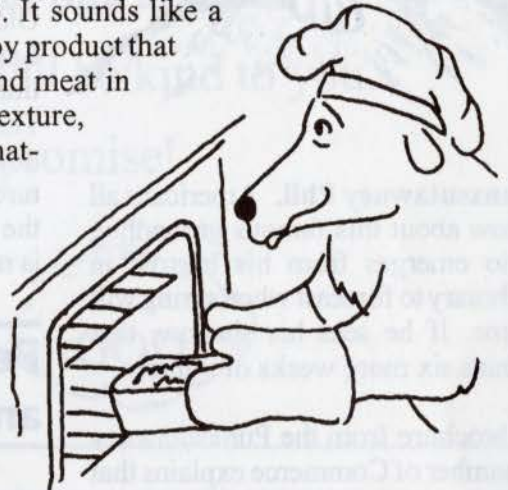
## Compassionate Cooking

### Veggie Delight Shepherd's Pie

Shepherd's Pie is an English favorite and is always a hit whenever I cook it! Instead of ground beef, I use TVP (textured vegetable protein). It sounds like a mouthful, but it's a simple soy product that can be used to replace ground meat in any recipe. It has a chewy texture, and takes on the flavor of whatever you cook it with.

#### Ingredients:

1½ cups TVP  
1 medium onion  
1 bell pepper  
1 cup green peas  
1 cup tomato soup  
4-6 potatoes



Soak the TVP in 1 1/3 cups of boiling water, then set aside for 15 minutes until soft.

Chop the onion and bell pepper and saute in 3 tbs olive oil.

Add the soaked TVP and cook 2 min. while stirring.

Then add the peas and tomato soup.

Simmer for 5 minutes.

Peel and chop the potatoes, boil them, and mash with margarine and a little soy milk.

Place TVP mixture in a baking pan and top with mashed potatoes.

Bake at 350° for 30-40 minutes.

That's the recipe for the standard version. For an exciting tamale pie, you can add chili powder, peppers and onions to the mix and cover with cornbread dough.

- by Cyrus Mejia

**"Never say there is nothing beautiful in the world. There is always something to make you wonder in the shape of a tree, the trembling of a leaf."**

*Albert Schweitzer*



# On the Light Side



**Punxsutawney Phil.** Americans all know about this famous groundhog who emerges from his burrow in February to forecast when spring will come. If he sees his shadow, that means six more weeks of winter.

A brochure from the Punxsutawney Chamber of Commerce explains that Phil is no common groundhog. He has several titles including: 'Seer of Seers', 'Great Prognosticator', 'Fearless Forecaster' and 'Lord High Potentate of All Marmota Monax'!

James Means, Groundhog Club President, Head Hailmaker and sole speaker of Groundhogese, approaches Phil in his well-kept burrow in a tree trunk, has a few quiet words with His Majesty, holds the Great Prognosticator aloft, and then Judge Edwin Snyder solemnly reads the official proclamation, which then is duly recorded in the Congressional Record: "At approximately 7:27 am., Punxsutawney Phil emerged from his burrow... He stood proud, tall and confident, surveyed the throng of loyal followers, peered skyward toward the east and then fixed his eyes groundward. He turned to Means and signaled to him in unmistakable Groundhogese, 'There is no shadow today. Look for an early spring.'"

**How do you say "Lamb of God" in Inuit?** Reader's Digest (Feb 1992) reports that linguists are busy translating the Bible into various Eskimo Inuit languages. There are problems: Inuit has no word for sheep, horse or donkey. (On the other hand there are 30 words for "snow", which is not a common word in the Bible!) Old Inuit translations referred to "the Lamb of God" as "God's special thing that looks like a caribou calf." Thanks to satellite TV the Inuit are now familiar with these strange creatures! A new translation now calls the sheep, "sheepi," but "donkey," is now "the thing with big ears."

## People helping animals

**CPR saves Smudge** A fire-fighter recently rescued a kitten from a fire, but it wasn't showing any signs of life. Captain Lenny Rouse of the Superior Michigan Fire Department applied CPR and the little guy began to breath. Rouse and his wife later adopted the kitten and named it Smudge.

**"Hero Pig Rescues Drowning Cat"** read the headline in Weekly World News on January 21. Sinbad the cat was traveling in a boat with his owner when he fell overboard. A pig swam from shore and, grabbed the cat and swam with the current until he brought the nearly drowned cat to shore. Sinbad would not leave his new found friend so his owner bought the pig. Cat, pig and person are inseparable!

**Dolphin resolution** In California, Malibu passed a resolution declaring the community a "human-dolphin-shared environment". This makes

the off-shore dolphins citizens of the community and protects them from mistreatment.

## Tips on pets

### Bird tips:

✦ If you keep birds at home, keep the house well ventilated. (No drafts, however.) Open the windows at least once a day, even for a while in the winter. No smoking around birds. They're super-sensitive to cigarette smoke. No cooking fumes or aerosols either. Use non-toxic cleaners.

✦ To make the outside of your house better for wild birds, plant more trees, plants and shrubs. Birds will live in them, and they keep the air cleaner too. Evergreens on the north side of a house form a windbreak against winter winds, while leafy trees on the south offer cooling shade in the summer and sunshine in the winter when they have no leaves.

✦ The Nature Catalog (Summer, 1992) says the best way besides a bird feeder to attract birds to your garden is to provide running water. Running water is aerated, more likely to be clean, and the sound of it seems to make birds curious. In cities, where water is in short supply, a single birdbath can support dozens of birds.

### Cat tips:

✦ Allergy specialists recommend washing your cat once a week if you have sneezing attacks. Vacuuming furniture and floors, removing carpets, and using an air filter can reduce airborne allergens by 90%.

✦ Pet expert Warren Eckstein says in Cat Fancy (May 1992) that your kitty will appreciate a gentle massage, especially if he or she is old or



arthritic. It will be good physical therapy, and will also remind her of her kittenhood, when her mother repeatedly licked and groomed her. Your own tensions will also dissolve away as you stroke your pet.

 **Plant tip:** Spider plants, English ivy, peace lilies, and golden pothos are well known house plants that are recommended to help indoor air pollution.

## Did You Know?

**Success story** According to scientists, ants are perhaps the most successful animal life form on earth.

**Sociable cockroaches** People usually think termites are a kind of ant. They are social insects, but are more closely related to cockroaches.

**America's only marsupial** The opossum is North America's only marsupial, an animal that gives birth to underdeveloped offspring and then nurtures them in a pouch, like the kangaroos of Australia. Opossums are famous for "playing dead." When attacked by a superior enemy, they fall over with eyes glazed, mouth open, and tongue hanging out. They remain motionless until the offending aggravation gives up and goes away!



Be kind to animals,  
Be kind to trees,  
Be kind to the earth  
and everything on it,  
Be kind to children  
and one another,  
... and God will be kind to you.  
And that's a promise!

Signed,



## Angelife

**Angelife** is a growing network of people who join in prayer and meditation to support the cause of animals, wildlife and the earth.

**Angelife** is a non-denominational and non-sectarian network of people who share the simple desire to bring spiritual support to the innocent creatures, the wildlife and the earth, and to all the people who are doing their best to take care of them.

**Angelife** is people of every kind, creed and culture who give of themselves to further the cause of the abused, neglected and dispossessed of this world.

Join with us in the spirit for this unique gathering - as we link together across time and space for a few minutes each week.

Write to us at **Angelife, P.O. Box G, Kanab, Utah 84741**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_



# The Ancient Times

## Life on Earth in grave peril

Dateline: Primordial Soupville  
2,000,000,000 BC

**"Stop breathing now," warns controversial microbe.**

Speaking on condition that he not be identified, the mayor of Primordial Soupville warned today at a hastily called press conference that unless all photosynthesizing microbes stop exhaling, the atmosphere could become dangerously polluted, and could threaten all anaerobic microbial life.

We photosynthesizing microbes live off hydrogen, which we take in from the now-plentiful primordial soup. This soup is composed mainly of water which has been raining down for several million years. But as we take in hydrogen from the water, we release a dangerous gas called oxygen which is now escaping into the atmosphere above Primordial Soupville.

Atmospheric oxygen levels are now rising as microbe life expands. Unless this population explosion stops, the oxygen level could rise to the point where anaerobic microbes will be unable to survive.

Asked whether this problem would spell the end of all life, the senior photosynthesizing microbe replied that an insignificant proto-life form called "animals" could thrive on oxygen, and might even become the predominant life-form. Meanwhile, civilization as we microbes know it would certainly cease to exist.

What would a world populated by animals be like? The mayor said that such a concept was too sickening to contemplate.

# The Modern Times

## Life on Earth in grave peril

Dateline: United Nations  
1992 AD

**"Stop everything now," warn ecologists.**

As the nations of the Earth prepare for the upcoming summit conference in Rio de Janeiro, environmental specialists warn that we must stop polluting the atmosphere with greenhouse gases that are dangerous to animal life.

As the human population swells to ten billion, we are in grave peril of rendering the earth incapable of supporting life as we know it, they say.

As we exhale more and more carbon dioxide, and pump other greenhouse gases into the atmosphere, while chopping down the forests that reabsorb the carbon dioxide, we are seriously altering the atmospheric balance, and threatening our very existence.

When asked if this problem would spell the end of all life as we know it, scientists say that various anaerobic life forms like microbes and viruses would probably thrive in an oxygen-starved environment, and could become the dominant life form on the planet within a few million years.

What would a world dominated by viruses be like? Most people think that such a concept is too sickening to contemplate. "Life as we know it," say the ecologists, "would essentially cease to exist...."





Join the Best Friends

# Adopt-a-Pet

Program

*"You're my very special person, and I love you!"*



*That's the message to all the wonderful people who sponsor the animals in our Adopt-a-Pet program.*

Although we find new homes for as many as possible of the dogs and cats who come here, there are still many more who are too old, or too sick, or just too traumatized from past abuse and neglect to be able to adapt again to family life.

For these special pets, Best Friends is a haven and a refuge where they are assured of the very best care and love for the rest of their lives.

Of course, this kind of care costs money, and we deeply appreciate our Adopt-a-Pet sponsors who send in \$15 a month (or \$180 a year) for the average cost of each animal here.

**Would you like to be an Adopt-a-Petter too?**

We'll send you a photo of your new pen-pal, a monthly letter from him or her, and a special certificate. Some of you send letters back for us to read to the animals!

Adopt-a-Petters get a copy of Best Friends Magazine every month too.

More than anything, you'll know that you are making a real difference to the life of a very special pet.

Just fill out the form, and we'll get right back to you. And if you'd like to sponsor a pet on behalf of someone else - like as a gift for a special grandchild or favorite auntie - we'll send the photo and monthly letter to them.

Thanks for caring!

*Faith Maloney*

Faith Maloney  
Director of Best Friends

**Yes!** I want to make a difference for a special animal.  
Sign me up for Best Friends' Adopt-a-Pet program.

- ☐ I'd like to sponsor
  - ☐ A dog ☐ A cat ☐ Any needy animal
- ☐ Here's \$180 for one year's sponsorship.
- ☐ Here's \$15 for my first month's sponsorship.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/ST/Zip \_\_\_\_\_

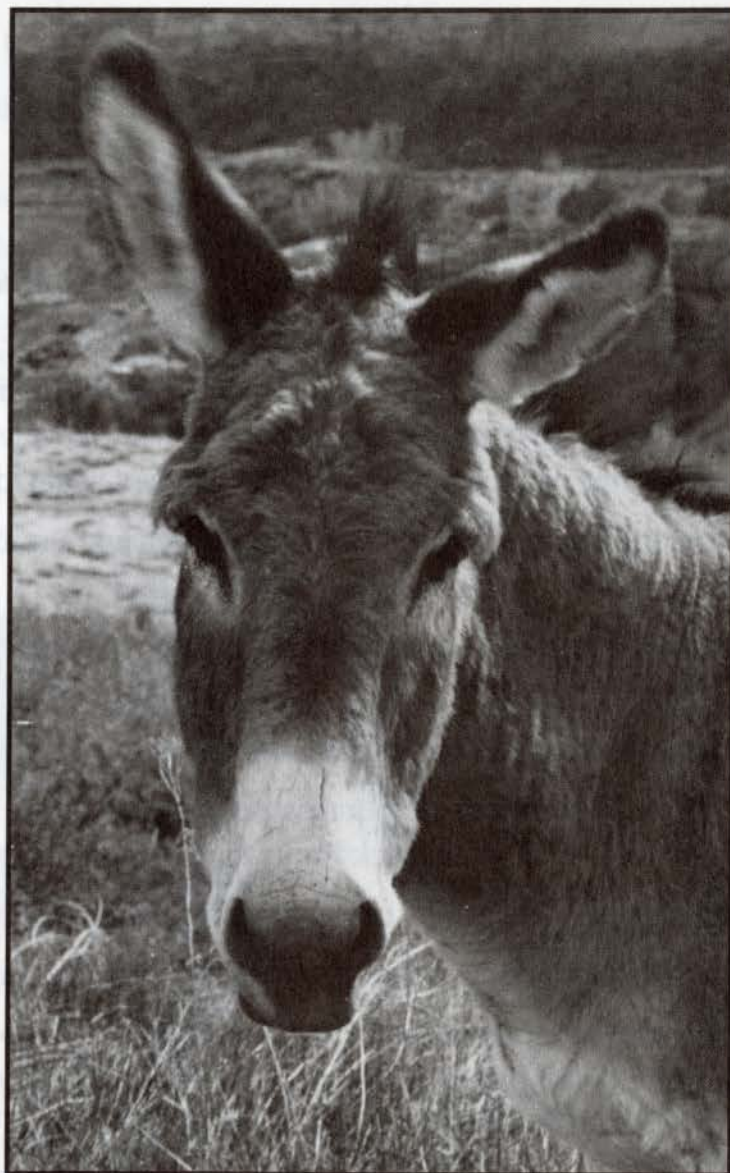


# ...And They All Live Happily Ever After

“Hi, I’m Boswell,  
one of the burros here at Best Friends. I  
used to live in the Grand Canyon with  
lots of other donkeys, but there were too  
many of us and we were all going to be  
shot. Richard Negus of Best Friends,  
who was then Arizona director of the  
Fund for Animals, airlifted us all out.  
Later on I was adopted by a ranch in  
Arizona, but they started using me for  
calf-roping practice, so I was rescued and  
brought here to Best Friends. That’s  
when my life really changed! Now I live  
here with two other burros and lots of  
horses on a beautiful pasture down near  
the creek.

So that’s my story. It started out a bit sad,  
but thanks to wonderful people like you  
who help to support Best Friends by  
buying this magazine, I get to live  
happily ever after.”

God bless you.



**Best Friends Animal Sanctuary**

**P.O. Box G**

**Kanab, Utah 84741**

**801-644-2001**